Journal of the Société des Gentilshommes de Cuisine

(SOCIETY OF GENTLEMEN FOOD CHEFS)

Onion Soup

VOL. 8 NO. 3 WINTER EDITION 1951

OCT. 25 1st ANNIVERSARY LUNCHEON OF THE LOS ANGELES CHAPTER

The first-anniversary luncheon of Los Angeles Chapter of our Societe took place October 25th at Lacey's Restaurant and the assembled bon vivants were treated to memorable food and a terrific talk by SASHA, that man-about-Shish Kebab fame, who discussed really high-life uses of the lowly cucumber. We repeat his recipe for Tarator (Cucumber Soup) - refreshing and healthy.

Peel and dice a cucumber, chop medium fine 1/2 cup of walnuts. Add these to one pint of Bulgarian Yogurt or buttermilk, one tablespoon pure olive oil. Season with one clove of garlic mashed, some fresh dill and parsley, and salt. Mix well, chill in ice (or add ice cubes) and enjoy same.

MR. SASHA'S SARMA

This recipe for seasoned vegetables or meat wrapped in grape leaves is a specialty of the house at Sasha's Palate Restaurant, Northridge, California and goes like this: Saute 1 cup chopped onions in olive oil. Partly cook two cups chopped carrots and two cups chopped celery. Add one cup chopped parsley, one clove chopped garlic, one-half cup rice and one-half teaspoon dill seeds, with salt, pepper and paprika to taste. Mix to a thick paste.

Now wrap in grape leaves, glossy side out (if fresh leaves, they must be rinsed first in hot water) - place the grape leaf bowls in a pot, add two cups water and one-quarter cup of olive oil and cook, covered, for a half hour. For a taste delight eat chilled. You may add one and one-half pounds of ground-meat to the foregoing and cook forty-five minutes, omitting the olive oil.

ONE DAY last spring we were sent a questionnaire which has been intriguing us ever since. Mrs. Winter, who runs the House of Herbs, sent it and asked us to answer it without even thinking more than a second. She gave a list of herbs and asked us to jot down the food we associated with each herb. I would certainly like to see some of the other answers. I am going to give you the list and MY answers. It would interest me to get some reaction from some of you members and you chapters as to what your ideas are.

Herb	Associate with	Herb	Associate with
Tarragon	Chicken	Chives	Cheese
Oregano	Pork	Parsley	Everything
Basil	Tomatoes	Bay leaves	Lentils
Savory	Stuffings	Chervil	Salad
Marjoram	Carrots	Sage	**I hate it**
Rosemary	Lamb	Caraway	Sauerkraut
Dill	Cucumbers		

It's a good taste memory test to try something like that and learn to associate certain flavors with others at once.

Ever think of freezing your favorite barbecue sauce? If you make one of those involved ones which take a lot of doing, why not double the recipe and freeze for the future?

If you like Italian and Spanish foods, you will find several different lines of frozen specialties on the market right now. One of the really good old Italian restaurants is making a selection of sauces that are really good--not the usual commercial stuff.

There are about a million or so Long Island Ducks around at this time and it is just a reminder that they really make the most pleasing change for broiling.

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THE SOCIETE DES GENTILSHOMMES CHEFS DE CUISINE
3600 O'Donnell Street, Baltimore 24, Maryland.

Condiments and Flavorings

(11th of a Series)

Take it On the Lamb

TO me, mint belongs in julep. **Period.** I am a disciple of the no-mint-sauce-with lamb school for I do not think lamb needs to be smothered with a sickly sweet-sour sauce with mint overtones.

I will grant you other uses for the herb. Naturally, as you all know there are many different varieties–the spearmint, peppermint, cat mint, English mint and several rather remote ones. And furthermore, the basils, the summer savories and the marjorams are all members of this Mint Family.

Of course, a great deal of the mint raised is made into oil to be used in candy and gum making, for medicinal and perfume uses, for flavoring extracts, etc. This is true of both the spearmint and the peppermint. Then a great deal is prepared for distillers who produce a Creme de Menthe.

It is a rather interesting sight to see the great fields of mint growing very high and being harvested like hay. It is then processed so that all the oil can be separated from the residue.

In cookery, apart from the much despised (on my part) mint sauce, there are times when a little mint is used as an overtone. The Italians use it with garlic and bacon and dandelion to make a spring dish of greens which is really very good. It can be used, finely chopped with other herbs, to add a piquance to salad and other dishes when you wish to use fines herbes.

But, I'll still take mine in julep.

L. to R.: Raoul Mallott, National Brewing Co., Larry Cohen, and Morrie Ross, Jr., Vice-President of our Chicago Chapter.

L. to R.: Mrs. and Mr. Walter Morton, Treasurer of the Chicago Chapter, and Gus Allgauer, owner of Allgauer's Fireside Restaurant, the scene of this gala "Ladies Night".

"Ladie's Night"

at CHICAGO'S CHEFS SOCIETE

L. to R.: Mrs. and Mr. Otto K. Eitel, President of the Bismarck Hotel; Mr. and Mrs. Fred I. Tourtelot (former President of the Chicago Chapter before their recent removal to California; and Miss Mary Dahnke, culinary expert for Kraft Foods, who made an interesting talk.

Standing, L. to R: Glenn Anderson, Illinois Beverage Journal; Steve Sokol, Drake Hotel; Mike Romano, Sr., head of Morand Bros. Beverage Co; John Hall, Edgewater Beach Hotel; Mrs. Mike Romano, Jr; Mike Romano, Jr; Larry Cohen, South Shore Liquors. Seated: Mrs. Larry Cohen, Mrs. John Hall, Mrs. Steve Sokol, Mrs. Mike Romano, Sr.

ROUND TABLE

Dear Chief Potato Peeler:

As a member of long standing, and despite many outstanding names I have sent in for membership, I am pleased to report that Mr. Fred Allen (actually his wife, Portland, requested this) would like to become a member and receive your invaluable culinary recipes each issue.

Yes, this is Fred Allen of radio fame.

Also, please add Jerry Green to your mailing list. He's the author of "His Majesty, O'Keefe," and very interested to become a member.

Sincerely,
Robert H. Reid, New York City

Gentlemen:

I would like to propose for membership Dickson S. Stauffer, Vice-President of International Shoe Company, St. Louis, Missouri. Please send him a membership card and put him on the mailing list.

Sincerely,
William O. DeWitt, President
St. Louis Browns American League

Mr. Arnold Strode-Jackson
Post Office Box 67,
Madison, Connecticut

Dear Mr. Jackson:

It was with great delight that I received your recent letter proposing the establishment of a Killingworth Chapter of the Societe des Gentilshommes Chefs de Cuisine. In looking over the savory specialties that your charter members delight in preparing I was enthusiastic about the high calibre of your group.

I do hope you've enjoyed the past Chef Societe Journals you've received and will likewise be pleased with the coming edition. I am enclosing twelve membership cards for your intimates and upon receipt of their addresses will mail to them all editions of the Journal.

I would appreciate your keeping me informed as to the progress you are making in the formation of this Chapter and if there is anything that I might be able to do to assist you in this effort, please to not hesitate to contact me.

Sincerely yours,
James Beard, Chief Potato Peeler.

COURT M. CLARK (left) and CHET MITTENDORF, friends of long standing, enjoy collaborating with their "chefing" ability in pleasing the palates of mutual friends. Court, member of a pioneer California family, is well known in oil circles, having been in the petroleum business for many years. He is vice-president and salesmanager of Vulcan Petroleum Co. in Glendale; a member of the Los Angeles Athletic Club and handball is at the top of his list of hobbies. Woodcarving, oil painting and, of course, cooking, comprise the rest of his hobbies.

Chet, one of the pioneers in radio advertising, started in 1925. He was associated with the late Tom Breneman, he and Tom having been originators of the radio show, "Breakfast in Hollywood," now carried on by Chet as "Welcome to Hollywood". He is a former executive of Wamer Bros. Radio Division. Cooking is his chief hobby.

Their recipe for French Onion Soup wolud even make a Frenchman stand up and shout, "Viva les Court et Chet".

FRENCH ONION SOUP

1½ gals. beef stock
2 quarts water
4 medium onions, chopped
Salt to taste; 1/3 tbsp. black
1/2 tbsp. black pepper
1/2 lb. Romella grated cheese, or strong Parmesan
1/4 lb. butter.

Cook stock and onions 1½ hours. Add butter and cheese, stirring while slowly adding cheese. Boil 20 minutes. Serve with croutons if desired. Service for eight.

Game for Game?

by JAMES BEARD

I HAVE several pet hates and prejudices as far as game is concerned. I think most people are prone to keep their game too long before they cook it. Game should hang a reasonable length of time but overripe game is not better than any other. Another point is that many people undercook it. There is a point of perfection that is between rare and well done where the juices and the blood run and the meat is cooked through and "set". This is the point of perfection for it. Rarefied rarity and bloodiness are not good cooking by any means. Thirdly, there is much too much currant jelly and bread sauce served with game to make it pleasant. I prefer a good red wine to jelly with my game and the two don't go together.

I wish huntsmen would be careful and not serve the ducks they have bagged with the double portions of shot in them that I have had from time to time. Save the overshot duck and pleasant for some other purpose than roasting.

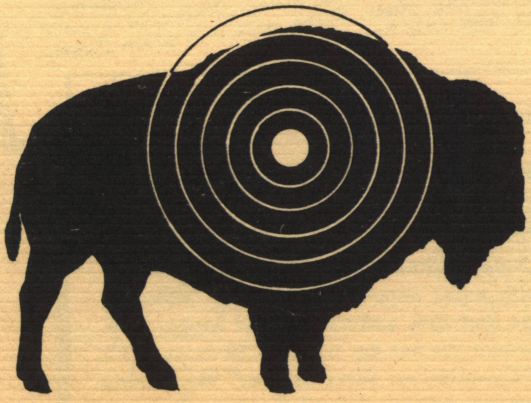
A note to remember about eating bear if you are apt to find one in your way: Bear, besides being a meat which should hang well, should also be cooked exceedingly well because it is the only meat besides pork which can carry trichinosis -- which is something we prefer staying away from. So use it in roasts or stews where the meat is thoroughly cooked.

Venison, which is one of the more common forms of game, needs a good

dousing in a marinade for several days to bring out its best flavor and to give it a certain added tenderness. Make your marinade for game by starting with two or three cloves of garlic, peeled, a large onion stuck with two cloves, a sprig of thyme, a healthy handful of parsley, three or four carrots cut in strips, a few stalks of celery, whole peppercorns, a few juniper berries if you can find them, and salt. Add enough red wine or mixture of red wine and water to this to cover the game—or at least so that the major part of it is covered. Turn the meat or fowl in it two or three times a day—my advice is for venison to marinate for two days and for small game one day will be plenty. Your seasoning is adjustable—you are aware of what flavors and spices you prefer and will naturally emphasize those and underplay the ones you are less fond of.

Try marinating a loin of venison in this mixture for several days and roasting it quickly in a 400 degree ovem, allowing about 12-14 minutes per pound. Baste with some of the strained marinade which you have heated with a little butter every ten minutes and let that mixture collect in the bottom of the baking pan. When the roast is done to a fine rareness, place it on a very hot platter and proceed with your sauce. Add another cup of the marinade to the juices in the pan and cook them down very quickly over a brisk flame. Add a teaspoon coarse black pepper and salt to taste and just about 1 tablespoon wine vinegar. Thicken slightly with butter and flour kneaded together to make a fine paste. Or you may stir in one pint sour cream and just allow it to heat through. This is also an excellent way to treat a saddle of venison which you may have your butcher cut and arrange for you when he cuts up your animal. Save it for a special party, for it is a most handsome dish. Carve it in long strips, starting from the spinal column and cutting on both sides.

Of all the game birds caught in this country I think my favorite is the partridge. If it is a fine young bird I like it roasted in a medium hot (375-400°) oven. Wrap the breast with a thin slice of salt pork and tie it well and secure the legs with a skewer. Roast the partridge quickly, basting it often with melted butter. While the birds are roasting, chop and saute the giblets in butter and sprinkle with salt and pepper. Spread the chopped giblets on pieces of freshly made buttered toast—one for each bird. Remove the birds from the oven after 18 to 20 minutes or when they have reached the state of doneness you prefer. Serve them on the toast squares with freshly cooked potato chips and watercress.



And a mug of National Premium Beer is most acceptable with it.

'FRISCO FROLIC

Photograph taken at Luncheon, on October 11, 1951, of the SAN FRANCISCO CHAPTER, Societe des Gentilshommes Chefs de Cuisine, at Hotel Mark Hopkins.

Left to Right: Harold L. McAninch; Jack Myers, chef, Mark Hopkins Hotel; Paul Ferrier, Maitre d'Hotel; Jean Rome, Guest Speaker, and world-famous Chef, instructor of Hotel & Restaurant Department of City College of San Francisco); Ray Baldwin, Master of Ceremonies

Special recipes given by Jean Rome Guest Speaker to San Francisco Chef Society Members

TUNA, ITALIAN STYLE

3 lbs. tuna (cleaned)
1 large onion
5 shalots
1 pt. fish stock
1 pint white wine
18 filets anchovy
6 ounces fresh mushrooms

Lard fish with anchovy filets and marinate with oil, aromatics, and lemon juice for about an hour. Wipe fish and sear in oil on all sides. Add finely chopped onion and shalots. Cook for 2 minutes and add the chopped mushrooms. Cover and let sweat for 20 minutes. Moisten to one-third thickness with white wine and fish stock. Braise for 1 good hour, basting often. Serve with own juice lightly bound with cold butter roux.

CHEESE SOUFFLE

5 oz. pastry flour
1 short pint, half milk, half cream
1 oz. butter
3 oz. grated parmesan, cheddar or gruyere cheese
4 egg yolks, 4 egg whites
Salt, white pepper, pinch nutmeg

Mix sifted flour with part of cold half-and-half. Scald the remainder and add slowly to the mix. Season with sale, pepper and nutmeg. Bring to a boil, stirring constantly. Remove from fire, add cheese and butter. Mix well. Add egg yolks, then well-beaten but not dry whites. Cook at 375° about 12 minutes in well buttered cassolettes. Serve at once. When using large mold, tie well-buttered paper around top of mold, cook at the same temperature for about 20 minutes. Remove paper and serve.

(Service for 10 in individual cassolettes; for 8 in large mold).

I WISH all our members could have experienced the same warm glow that I felt after reading a pamphlet prepared by one of our newer members, Frank Dow Wright. Frank lives in Sierra Madre, California and is one of those rare unselfish, community-conscious fellows who apparently contributes a great part of his leisure time in developing clean minded, healthy youth. Frank compiled a 30-page pocket size mimeographed booklet to acquaint our Boy Scouts with the intricacies of preparing a well balanced meal. Included is a guide for buying food which many an adult would do well to read. None of the menus are elaborate, the cooking time on most is short, as it is sometimes difficult to hold boys' interest in a job for several hours.

Realizing that the accent should be on variety, Frank outlined a menu for every meal in the week...yes, 21 in all. For the uninitiate, Frank provides a glossary of cooking terms in the back of the book. For the budding gourmet there's a thrilling section on foil cooking to delight his epicurean flair.

Frank's effort was well rewarded. The Scout Council in Sierra Madre thought so highly of his booklet "Come and Get It", that more than 200 copies were printed. So, Gentlemen Chefs, raise your glasses to toast Frank Dow Wright, a fellow member who didn't forget to remember.

CASSEROLE OF EGG PLANT
a la Frank Dow Wright

1 medium egg plant
1 pint jar or can of tomatoes
1 small onion
1/2 green pepper
1 slice hard toast
2 tbsp. corn starch
1 tsp. salt
1/4 tsp. pepper
1 cup corn flakes or bread crumbs
1 cup grated cheese

Peel egg plant, cut into 1 inch cubes, let stand in salted water while preparing onions and green peppers. Dice onions and pepper finely and saute in oil lightly. Cut toast into 1/2 inch squares. Place egg plant, toast, onion and green pepper in large casserole, season. Pour in tomatoes and enough water to almost cover, mixing in cornstarch after dissolving in a little cold-water. Sprinkle all with corn flakes, or bread crumbs, top with grated cheese and bake in 325° oven for 1 hour or until egg plant is tender.

RUSSIAN DRESSING

3 tbsp. Mayonnaise
1 tbsp. Chili Sauce
1 tbsp. pimientos
1 tbsp. chopped chives, or onions
2 tbsp. Sauce Escoffier Diable

Jesse Kram,
New York, N.Y.

ONE for the Book!

SKYSCRAPER EGGS

(Also called **Scrambled Egg Mountain**)

Here is the recipe for the novel egg specialty that has been popularized and featured in a number of New York restaurants.

2 eggs
1/2 tsp heavy cream
2 ounces butter
Salt and pepper to taste

Break the eggs several hours before you intend to use them. Add the heavy cream, beat slightly, and put in the refrigerator. This will make the twisting of the egg-mountain easier later on.

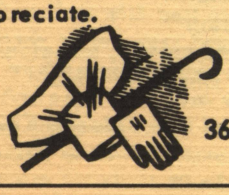
When ready to cook the egg mixture, take aheavy copper-bottomed frying pan - with rounded edges (this is essential) - and melt the butter in it. Be careful not to burn the butter. Then pour the beaten egg-and-cream mixture into pan. When it begins to cook on the bottom, take a long two-proged fork annd gently insert one prong under the eggs in such fashion that it extends clear across the bottom of the pan with point resting against the rounded edge of the pan.

Now twist the fork very carefully, keeping the ends of the prongs pressed against the rounded edge. As the cooked part of the eggs is wound about the fork, the uncooked part will flow down toward the points of the prongs and cook along the edge of the pan, forming a broad base for the pyramid-shaped mass of the eggs. When most of the egg is cooked straighten the fork up slowly continuing to twist, still keeping the prongs pressed against the rounded edge of pan. After the spiral of eggs has become thoroughly cooked, slide it onto a serving-platter and gently remove the fork.

Timing and patience are very important. You may have to try several times before you succeed in not breaking the cooked portion as you twist...but keep at it. Practice is the whole secret.

J. Coleman, Walker
New York, N.Y.

Members recipes are coming in too slow. May I request all of the members to send their favorite recipe to me...I really want to try them, and publish the ones I think our members would appreciate.



JIM BEARD, Chief Potato Peeler

3600 O'Donnell Street, Baltimore 24, Maryland

These most appetizing pancakes go well with a great variety of meat dishes and will please the most critical appetites.

POTATO PANCAKES

3 lbs. raw potatoes
3 eggs
1¼ cups flour
1 large sour apple peeled and grated
1/2 teaspoon grated onion
1/2 teaspoon salt, pinch pepper
fat for frying

Peel and wash the raw potatoes and put into cold water. Take out of water and grate immediately. Drain off moisture. Mix in yolks of eggs, flour, salt, pepper, apple, onion and, last, the whites of eggs well beaten. Fry to a nice crisp brown. Serve on hot platter - not covered. Serves six.

Jack Gould
New Orleans, Louisiana

ESCALLOPED VEAL

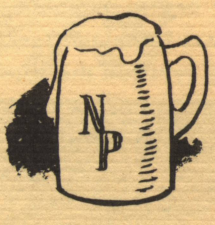
Dip veal slices in flour seasoned with salt and pepper and brown in butter. Remove to service platter and keep warm. In a double boiler melt grated cheese; add beer. Mix 2 egg-yolks with cream or top milk; add to hot beer and cheese mixture, stirring over low heat. Cook until thickened to desired sauce consistency. Salt and pepper to taste.

Pour over the slices of veal and brown lightly under broiler. Yield: 4 to 6 servings.

1½ lbs. veal, sliced thin
3 tbsp. butter
Flour, salt and pepper
3 tbsp. grated cheese
3/4 cup National Premium beer
2 egg yolks
1 tbsp. cream or top milk

U.S. Brewers Foundation

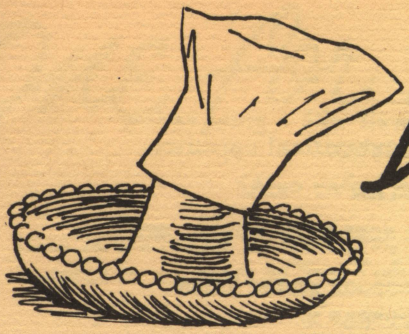
BEER SOUP a la Kaufmann-Grinstead



1 quart National Premium beer
1 piece cinnamon, 1 piece lemon peel
2 ounces sugar
2 egg yolks
1 ounce corn starch or potato starch

The beer is cooked with the cinnamon and lemon peel, to the boiling point. Stir the starch with a little cold water and add it slowly to the beer, to thicken the soup. Then add the sugar, to taste, and stir. Remove from fire, add the egg yolks, stir and serve.

K. Kauffman-Grinstead
New York, N. Y.



Dinner 'cross the Border...

Sixty-five members of the San Diego Chapter, Societe des Gentilshommes Chefs de Cuisine staged their first international dinner across the border in Tiajuana on September 11th.

About twenty of the outstanding citizens of this colorful town of Old Mexico were on hand with host-of-the-day James Matteoti of Caesar's Hotel to welcome the stateside visitors and a theme of international friendship between the two countries was the order of the day.

The dinner, beginning with Baby Lobsters with Jimmy Matteoti's supersauce, through Minestrone soup, Quail a l'Italian, Salade Internationale, and ending with Crepes Suzettes was an event long to be remembered; of course the beverage which accompanied these viands was that *true* Pilsener, National Premium Beer. Even the menu in the green-white-and-red of the Mexican flag typified the true accord achieved in this sortie across-the-border.

Many thanks, Brother Member

Could you kindly issue membership cards for my friends,-

Prince Nicolas de Ligny-Luxembourg;
Prince Fsco. Mario Paterno d'Emanuel; and
Duca Mariano Restivo di Bedemar;

and send them to me so I can give or forward the cards to them when in Europe? Thank you very kindly. Perhaps I can reciprocate by nominating you for a rank in the ancient Order of St. John D'Acre, of which I am the Honorary Representative in North America.

This is the dynastic order (house-order) of the princely family Amoroso, the head of which I know personally. I enclose a memorandum on the order, and if you would like me to submit a petition on your behalf, I shall be happy to write you the details of this procedure.

Very sincerely yours,

K. Kaufmann-Grinstead, Ph.D.
New York, N. Y.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Winners

PERSONALIZED RECIPE CARD

Berkely V. Bennett
New York City, N. Y.

John Jewett Garland
Los Angeles, California

Robert Newman
Toluca Lake, Calif.

Paul Norville
Oakland 14, California

Edouard B. Ransohoff
Washington 1, D. C.

(Chosen from the Fall edition of the Journal)

Next time...call for

"The TRUE Pilsener"

Wherever you are, ask for National Premium to enjoy Pilsener at perfection. Its *true* Pilsener flavor has won coast-to-coast fame!

Brewed by The National Brewing Company Baltimore 24, Maryland